

15+ TRANSFORMATIVE AFFIRMATIONS & POWERFUL MANTRAS

Healing Affirmations For the Broken-Hearted Woman

CARE FOR YOUR HEART...

Created by: Natasha Baylor

Table of Contents

CLICKABLE LINKS FOR EASIER NAVIGATION

Introduction.....

Instructions.....

Chapter I - Affirmations.....

What are Affirmations?

Chapter II - Mantras.....

What are Mantras?

About The Creator.....

Legal Stuff.....

Blessing.....

Introduction



A broken heart can feel like the world has lost its color. The weight of loss, disappointment, or separation can leave us wondering if we'll ever feel whole again. But within every broken space is also the possibility of deep healing and rebirth. This ebook is here as a gentle companion for your heart. It won't rush you, it won't push you, and it won't tell you how you "should" feel. Instead, it offers words of comfort—affirmations and mantras you can return to when the ache feels heavy, or when you need a reminder of your own resilience and worth. Each affirmation is like a whisper of love to your heart, a reminder that healing is not only possible but already unfolding within you. You don't have to know how or when—you only have to take one breath, one step, one word at a time.

Love Note

May these affirmations help you: soften into your healing, to be open to new beginnings, and remember that you are always whole, always worthy, and always loved. #111



Instructions

These are meant to be simple, almost like a heartbeat— you can whisper them in meditation, write them down, or repeat them when the ache feels heavy.



CHAPTER I

AFFIRMATIONS

What are Affirmations?



An affirmation is a positive statement you consciously repeat to reprogram your subconscious mind and shift negative beliefs that you hold within. Affirmations help to replace negative inner/self-talk with fresh, newer empowering truths about you. They usually come in a full sentence style that starts with "I am" or I choose". This is you living in your sovereignty. OOH!OOH!—Think of it like this...you are planting 🌱 new thoughts (seeds) in your inner dialogue. And the great thing about that is...YOU and only you get to choose what exists there!

PRO TIP: *Affirmations speak to the mind to help rewire your thoughts.*



I allow myself to grieve, and I also allow myself to heal.



My heart is tender, but it is also strong and resilient.



I honor the love I gave, and I release what no longer serves me.



I deserve love that nourishes, uplifts, and supports me.



Even in my pain, I am worthy, whole, and complete.



With each breath, I invite peace and release sorrow.



Love is not gone from my life—
it flows to me in new, beautiful ways.



I trust that this ending is guiding me toward a deeper beginning.



I choose to keep my heart open, knowing I am safe and protected.



Day by day, I am becoming softer, stronger, and freer.



CHAPTER II

MANTRAS

What are Mantras?



A mantra is a sacred sound, word, or short phrase repeated rhythmically to quiet the mind, open the heart, and to help you connect with spirit or your higher consciousness. They typically come in a short, simple, rhythmic style—and sometimes in Sanskrit like Om Shanti or in your own language. From an energetic perspective...it's like tuning your whole being into a healing frequency.

PRO TIP: *Mantras speak to the soul & body to help with embodying the new thoughts created from the reciting of the affirmations routinely.*



I am safe. I am loved. I am healing.



Peace fills me. Love surrounds me.



I release. I forgive. I am free



I am whole. I am worthy. I am enough.



Soft heart. Strong spirit. Open soul.



Every breath brings me comfort and light.



I let love in. I let pain go.





ABOUT THE CREATOR

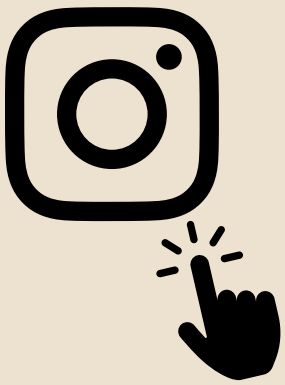
Hello! 🙋🏾‍♀️I'm Natasha Baylor, The Pampered Wife herself! 💄✨I'm also a Self-Love Strategist, Blogger, Content Creator, & Author who is passionate about helping women 💞develop a healthy relationship with themselves and break free from the limiting mental, emotional, and spiritual beliefs that have plagued us Girlies for lifetimes. 🫶🏾

---

www.thepamperedwife.com



Let’s Be Social!










@heyimnatashabaylor 💟



LEGAL STUFF

DISCLAIMER

The contents of this digital product are for educational purposes only. Results are not guaranteed.

ALL RIGHTS RESERVED

©—Natasha R. Baylor - 2025

All rights are reserved to Natasha Baylor. No part of this digital product may be reproduced or used in any manner without the prior written permission of the copyright owner, Natasha Baylor.

Be Blessed!



& Take life 1 day at a time.

